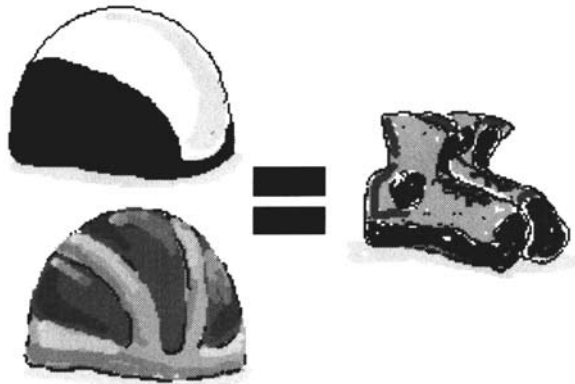


How much does a helmet cost?



About half as much as that \$40 pair of wild-looking shoes you're wearing. And it'll last longer, too! Not to mention protecting your brain. Try putting your shoes on your head and falling off your bike. It won't do you nearly as much good as a helmet will!

Where can you get a bike helmet?



Lots of places, these days. But start at the bicycle shop. They know a lot about helmets and can help you find one that fits and looks just right.

Want to learn more? Contact:



Division of
Bicycle &
Pedestrian
Transportation

North Carolina Department of Transportation Division of Bicycle & Pedestrian Transportation

1552 Mail Service Center
Raleigh, NC 27699-1552

Phone: (919) 807-0777 • Fax: (919) 807-0768

Email: bikeped_transportation@ncdot.gov

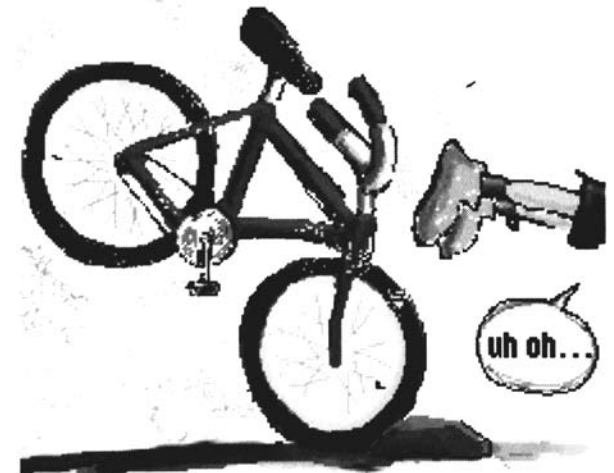
Web: www.ncdot.gov/transit/bicycle

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HEY KIDS!

Why knock yourself out on your bicycle?



Get a bicycle helmet TODAY!

Don't think you need a helmet?



Think again... While you can, that is. Each year, nearly 50,000 bicyclists hurt their heads really badly in a crash. That's a lot of bicyclists! Some even die.

How do you find a tough helmet?



Look for the U.S. CPSC approved sticker on the helmet or the box it came in. This proves that it's been crash-tested and will protect your brain.

What about looking good?



Why look like a geek when you ride your bike. Pick out a helmet that has colors and a shape that looks good to you!

Can a helmet make a difference?



In a crash, your helmet gets crushed between your head and the pavement. So it destroys itself to save your brain. This is a very good idea! Your brain will certainly think so!

How do you tell if it fits right?



Your helmet should fit snugly on your head. It shouldn't rock side-to-side or front-to-back. And it shouldn't squeeze your head. That would make your brain unhappy and give you headaches.

Should you always wear it?



Bike crashes can happen anytime so wear your helmet whenever you ride. You can crash and hit your head as easily in your neighborhood as on a big highway.

Here's what to look for in a helmet

